

# Huevos Rancheros



## Ingredients:

- 1 large egg
- 2 tablespoons [Hiland Dairy Skim Milk](#)
- 6" corn tortilla
- 2 tablespoons [Hiland Dairy Pepperjack Cheese](#), shredded
- 1 teaspoon olive oil
- 1/4 avocado, sliced
- 1 oz. cooked turkey sausage, crumbled
- 1 tablespoon chunky garden salsa
- 2 tablespoons [Hiland Dairy Plain Greek Yogurt](#)
- 1 tablespoon green onion, sliced
- Salt and pepper to taste
- Hot sauce (optional)
- 8 ounces [Hiland Dairy Skim Milk](#)

## Directions:

In a bowl, whisk together egg and 2 tablespoons milk. Season with salt and pepper to taste; set aside. Heat a non-stick skillet over medium heat. Add tortilla to skillet and

heat for 10 seconds. Flip tortilla and heat other side for 10 seconds and remove to a plate. Heat olive oil in same pan and add egg mixture and cheese. Cook eggs over medium-low heat, stirring gently with a spatula until cooked through, but still creamy. Remove from heat. Top heated tortilla with turkey sausage, avocado, scrambled egg, salsa, Greek yogurt, green onion and optional dollop of hot sauce. Serve with an 8-ounce glass of milk.